

PERSIAN CARDAMON CHICKEN



Ingredients

Serves 4

1 cup currants
2 tbsps sunflower oil
3 brown onions sliced
1 chicken cut into 10 pieces
2 tablespoons cardamon powder
1 teaspoon ground cloves
4 cinnamon sticks
2 ½ cups long-grain rice
2 ½ cups chicken stock
Salt
Chopped cilantro & dill
olive oil

Method

Joint the chicken into 10 pieces and separate carcass for making the stock. Prepare 3 cups chicken stock.

Put the chicken pieces into a bowl and massage in half of the cardon powder and cloves. Add maybe 1 teaspoon salt. Set aside for 30 – 60 minutes (overnight is best)

In a heavy bottom pan heat the oil and add the chicken. Brown on each side and set onto a baking tray. Once all the chicken is browned, put onto a tray and put it into the oven to keep cooking. (chicken on the bone will take about 30-35 minutes to cook)

In the meantime, add a little more oil into the pan and add the sliced onions and cook until soft and brown. Then add the rice into the pan along with the cinnamon sticks and half of the currants. Add the stock and when it starts to absorb the stock, place the chicken on top of the rice along with the remainder of the stock and currants. (Sprinkle with a little more cardamon powder and cloves if you like this dish a little more aromatic.) Put the dish back into the oven. The rice will take approx. 15 – 20 minutes to cook.

Test that the rice and chicken are cooked and then bring it out of the oven. Sprinkle the chopped fresh herbs and put a lid on the dish (or foil) rest for 5 minutes and then serve.

This is a great almost one-pot dish that is very fragrant and takes its flavour from the spices and currants.